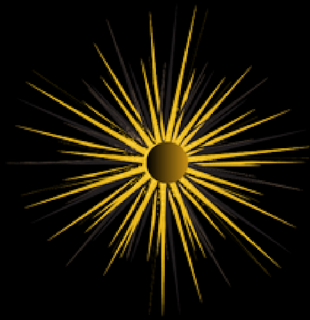


Just for Today

Give your self permission
to dream BIG!



Dream it. Create it. Track it.

Reimagine Your To-Do List. Unleash Your High-Vibe
Ambition, Achieve More, and Soar Beyond Limits!

This is a collection of downloadable documents designed to ignite your dreams,
create and organize your aspirations, and track your progress.
Don't miss this opportunity to dream big and make them a reality.

Amy Campbell Pratt

Based on the Usui Reiki Principles



Regeneration ✨ Reimagined
Ignite Create Transform



Just for Today...

Give your self permission
to dream BIG!



Regeneration Reimagined

Ignite Create Transform

Reimagine your To Do List

This is a collection
of downloadable documents designed to ignite your dreams, create and
organize your aspirations, and track your progress.

Don't miss this opportunity to dream big and make them a reality.

Dream it. Create it. Track it.

regenerationreimagined.com

Reimagine

YOUR SOUL'S PURPOSE

Listen for your still small voice.

The first step in creation is dreaming.

Ex. Become an author

NOTES

Reimagine

LIVING YOUR LIFE ON PURPOSE

BREAKFAST

LUNCH

DINNER

[illegible]

CAN WE DELEGATE?

JUST FOR TODAY

YOU GOT THIS!

regenerationreimagined.com

DO WE NEED THIS
RIGHT NOW?
CAN IT WAIT?

Reimagine

PRIORITIZE YOUR WEEK

MY GOAL
THIS WEEK

YOUR SCHEDULE

Keep taking those ordinary steps,
the summit is closer than you think.

MON

TUE

WED

THU

FRI

SAT

SUN

Reimagine

HOW YOU LOOK AT TIME

Visualize the future.
Stay in the present.

Set intuitions for each month. Be proactive.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Reimagine

YOUR NUTRITION

- Eating with intention
- means shopping with intention.

Ex. Fresh vegetable

TIP

You are less likely to waste food and eat better when you...

Create weekly menus.

Prep and shop same day.

Reimagine

YOUR SHOPPING LIST



Ex. Fresh vegetable

NOTES

Shopping with intention.

Make a list

making a day to pre-plan and prepa
your meals and snacks is a great
way to eat healthy, save money, and
reduce your carbon footprint.

Reimagine

YOUR WEEKLY MEAL PLANING

**REMEMBER MAKING SUBTLE CHANGES EVERYDAY
WILL MAKE HUGE IMPACTS IN YOUR LIFE.**

Taking a day to prepare your meals & snacks ahead of time is a great way to eat healthy, save money, and reduce food waste.

MONDAY

Breakfast

Lunch

Dinner

TUESDAY

Breakfast

Lunch

Dinner

WEDNESDAY

Breakfast

Lunch

Dinner

THURSDAY

Breakfast

Lunch

Dinner

FRIDAY

Breakfast

Lunch

Dinner

SATURDAY

Breakfast

Lunch

Dinner

Struggling to find the time DELEGATE

Get the family involved... delegating chores helps to instill responsibility in kids and frees up time for you to focus on your goals & objectives.

CHORES

M T W T F S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

DON'T FORGET TO MAKE IT FUN

Reimagine

THE POSSIBILITIES

Celebrating small victories
motivates us to keep moving forward.

Just for Today...

WHAT CAN I MARK OFF MY LIST!

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

NOTES TO SELF

**I am so proud of you for what you have
accomplished so far. Keep going !!!!!!!!!**

YOU GOT THIS!

I'M GRATEFUL FOR...



HEALTH / SELF CARE PLANNER

REMEMBER MAKING SUBTLE CHANGES EVERYDAY
WILL CHANGE YOU LIFE.

WEEKLY GOAL

I want to loose 2 pounds, 4 glasses of water a day and
incorporate meditation into my weekly routine

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



WORK IT!

BEGINNER WORKOUT PLANNER

	ACTIVITY	TIME
DAY 1	<i>I walked around the block</i>	<i>15 minutes</i>
DAY 2		
DAY 3		
DAY 4		
DAY 5		



Just for Today...

take one, ordinary step in the
directions of your dreams!



Regeneration Reimagined

Ignite Create Transform

**Every little, ordinary step counts. Keep putting one foot
in front of the other.**

**You have the power to create a better world by creating
a better you.**

Dream it. Create it. Track it.

regenerationreimagined.com